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## **Energy Kinesiology (alternate health and wellness modality)**

- Specialized way of combining eastern energetic arts and western science
  - 'Eastern energetic arts' includes meridians (primary, extraordinary, deep, connecting, superficial channels), acupoints, chakras (major, minor, celestial), nadis, aura, and Traditional Chinese Medicine principles, etc.
  - 'Western science' includes brain nuclei, neurotransmitters, hormones, physiology, genetics, etc.
- Works with any physical, emotional, mental, relational, spiritual or other concern/issue
- Finds and releases a person's "needle in the haystack" stresses related to the specific issue
- Then eliminates harmful left-over energetic compensations caused by that stress
- Uses Muscle Monitoring\* so the client's body guides the process with continuous, real-time feedback throughout the entire session
- Increases depth of work through Modes\* and Formats\* to communicate with the body in a way it understands with clarity and exactness
- Energetic changes activate innate healing capability, which tends to result in permanent, quick, significant change

## **Doug Akerman (owner of Meridian180)**

- Certified Level 3 (highest level certification) Energy Kinesiologist with over 2500 hours specialized training
- Trained in Neuroenergetic Kinesiology, Stress Indicator Point System, Learning Enhancement Acupressure Program, Applied Physiology, Empowerlife Kinesiology, Kinergetics, and Touch For Health
- MS in Genetics and Molecular Biology (Emory University), BS in Biology (Michigan Tech)
- National Director and Primary Instructor with Meridian360 ([www.meridian360ek.com](http://www.meridian360ek.com)) – organization for teaching what Energy Kinesiology is and how to become a practitioner
- One of the few Certified Level 3 Energy Kinesiology Association practitioners in the country

## **Appropriate Times to Refer Clients**

- Hits 'the wall', plateaus, not making progress
- Persistent emotional, mental, relational issues
- Unresolved disease, medical concerns
- Stop medicines, drugs, surgeries, supplements
- Sabotaging themselves
- Adjustments not holding as expected
- Wants physical abilities / skills to be top level
- Has issues not addressable through your work

## **Other Info to Share with Your Clients**

- Free consultations
- 5-star Google rating (over 60 reviewers)
- Detailed client testimonials on our website, Google, Facebook
- Not like counseling, talk therapy, reiki, massage, or other bodywork
- Website\* built to teach – check out

\* see [www.meridian180.com](http://www.meridian180.com) for more info

# Top 10 Things to Remember About Energy Kinesiology

**1** *You have energetic anatomy, and energy is constantly flowing through it.*

**TWO** Your body automatically regulates how energy flows through energetic structures.

**3** **Sometimes things go wrong with the way energy moves (energetic imbalances).**

**4** You recognize energetic imbalances because of what they do to you (your problem).

**6** Muscle monitoring\* shows which energetic imbalances are related to a client's problem.

**Seven** Energy Kinesiology uses Pause Locking\* to capture session information and establish context, almost like computer memory.

**8**

**Energy Kinesiology can identify very specific parts of you that have energetic imbalances using 'Hand Modes'\* and 'Specific Indicator Points.'\***

**9** Energy Kinesiology uses Formatting\* so we can "speak" to your body. Enables depth that cannot be reached any other way.

**10** *It is possible to stabilize beneficial energetic changes with Energy Kinesiology!*

**5** *Energy Kinesiology helps a person identify and release the stresses and energetic imbalances that are contributing to their issue. Then the body typically changes in very specific desirable ways, quickly, and permanently.*



**MERIDIAN 180**

*Uniting Eastern Energetic Arts And Western Science*

\* see [www.meridian180.com](http://www.meridian180.com) for more info